

QC

MUSIC:

Sask. artists share their favourite fireside songs
P. 18

WINE:

Keep an eye out for wines from Portugal
P. 21

FOOD:

A campfire recipe that is satisfying and nutritious **P. 22**

THERE'S NOTHING LIKE LAKE LIVING

CHRIS ARNSTEAD AND HER FAMILY'S LOVE OF WASKESIU RUNS DEEP

P. 4

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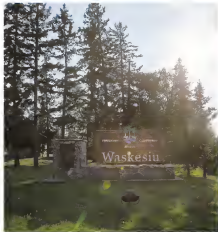
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ON THE COVER P. 4



Waskesiu is a summer haven for many Saskatchewan families.
QC PHOTO BY LIAM RICHARDS

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QC's new food columnist Renee Robinson offers up her favourite, glamping, local
QC PHOTO BY RENEE ROBINSON

QC COVER PHOTO BY LIAM RICHARDS

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ON THE COVER

As a young parent this is where I wanted my children to be in the summer.

—Chris Armstrong

SUMMER AT THE LAKE

When summer arrives, Waskesiu Lake beckons

By Sean Trembath

Chris Armstrong had already visited Waskesiu Lake before she was even out of her mother's belly.

"The joke in my family is my mom had to leave the lake to go home and have me," she says.

Swakathewaan is known for fields of crops stretching as far as the eye can see. But for many the real scene is noise, trees fishing rods and campfires. For Armstrong's family like so many others in the province, summer is lake time.

"Although we may not have much contact over the winter this is where you can count on your family being in the summertime," says Armstrong, whose main home is in Regina.

Lake life moves at a different pace. It's an escape from the city and its everyday stresses.

"People have such a connection to this place that once you've been here as a child you just keep coming back," she says.

The number of people a family has been coming out to the lake is a point of pride.

"If you meet anyone in Waskesiu, the first comment might be about the weather but after that it's almost always about how long they've been coming," she says.

As years pass and multi-generational traditions are established, lakesides become communities with social scenes and shared histories. At Waskesiu, many aspects of the local history have been preserved thanks to the efforts of a small, dedicated group of volunteers.

Have and love Lac Seul point out features of the short list of the Waskesiu Heritage Museum on a summer Friday. Everything in the small space — a small fridge, a stool, a cap, some boxes used for washing clothes, the old-fashioned way — was donated by people who actually used them in years past.



Chris Armstrong's family has been a part of Waskesiu for multiple generations. QC PHOTO BY LAM HOANG/ML

The park is really a treasure. It's really an important part of the province
— *Herve Langlois*



Herve and Rose Langlois first came to Waskesau in 1962. (PC PHOTO BY LAM NGUYEN)

"We don't have anything in here that doesn't belong in Waskesau," Rose says.

Rose knows the museum as well as anyone. She was part of the effort to establish it in 1965, and acted as its volunteer curator for its first nine years.

It started with a \$1,500 grant and a small bit of space to display old memorabilia.

"We outgrew it that summer. Then they let us expand outside that room, and then we outgrew that," Rose says.

Now in its 50th anniversary year, the museum features the shock test, a portable cabin, a replica camp kitchen like those used in the early days, a rail cart, partridge, a canoe and other outdoor attractions in addition to those housed in the main

inside exhibit area. They've had as many as 10,000 visitors in a single summer.

The shock test in particular runs marks the 50th anniversary. They spent many summers in one of their own. They first came to the lake in 1960, staying in a camper-trailer.

"Our kids fell in love with Waskesau," she says. In 1965, they bought a shock test

and spaced their summer family inside. Even knowing their off-cord one of space — Herve and Rose slept on a 10-inch bed, their three daughters on a triple bunk bed and their son on a couch — it's hard to picture.

They had electricity but no running water. There were communal bathrooms, which Rose says helped foster the sense of community.

"One thing that was really hot (with running water) was you would have to walk up the street to the bathroom and you'd walk along the way, and get the news of the day," she says.

There was a similar loss when biggie jobs led to bigger cabins and the elimination of public camp kitchen run.

Continued on Page 8



The breakfast at Westwood is a popular tourist attraction the summer go north in Vancouver.

Summertime events around the province

Looking for a good excuse to do some camping or spend some time in one of Saskatchewan's lakes? Here is a list of some of the many events coming up at all night dancing, learn how skills at

WHAT: Ness Creek Music Festival
WHERE: July 10 to 19

WHEN: Ness Creek — 20 kilometres east of Regina

WHY: The annual outdoor folk festival is a must-see in Saskatchewan's cultural community. A weekend of music, camping, art, dance and general festivities. Whether you want to stay up all night dancing, learn how skills at

a workshop or bring your kids for a fun family weekend, Ness is the place for you.

WHAT: Saginaw Lake Regional Park 50th Anniversary
WHERE: July 18 and 19

WHEN: Saginaw Lake Regional Park — about 250 kilometres north-west of Saskatoon

WHY: Celebrate a half-century of this park with a weekend of events. There are children's activities all day long and livestock tournaments, arts and crafts, a talent show, a beer garden and some late-night fireworks. The music events

will be fit for a king, as an Elvis tribute band will provide live entertainment.

WHAT: Old Wives Lake Festival

WHERE: July 9 to Aug. 2

WHEN: Old Wives Lake and Mooseburn — about 30 kilometres southwest of Moose Jaw

WHY: A yearly tradition is made more special this year thanks to a competing with Mooseburn a continental celebration. Events include history exhibits, a parade, a pancake breakfast, horse-drawn wagon rides and live music. While you're there, check out the Old Wives Lake Bird Sanctuary originally

sanctified in 1925.

WHAT: Saskatchewan Prairie & Wildlife Club

WHERE: Aug. 6 to 8

WHEN: Tobin Lake (Newman)

WHY: With more than \$25,000 on the line, this is some serious fishing. An annual tradition since 1968, the event kicks off with a parade in Newman Thursday followed by two days of live-release walleye fishing on the river and town of Tobin Lake. Last year's top fisher took home \$40,250 in prize money so the potential is there for a very lucrative weekend on the water.

WHAT: Standing Buffalo First Nation Powwow

WHERE: Aug. 7 to 9

WHEN: Standing Buffalo First Nation — Qu'Appelle Valley about 80 kilometres northeast of Regina

WHY: Lake lovers will find plenty to do in the beautiful Qu'Appelle Valley. Standing Buffalo is one of one of the province's largest, offering an annual powwow, a modified beach, Rapaq and fiddle jams, with nearby Mission and Kesteven offering even more opportunities for swimming, beaches, hiking, golf and water sports.

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4:30 pm	5:15 pm	4:45 pm	5:30 pm	4:30 pm	5:15 pm
5:30 pm	6:15 pm	5:45 pm	6:30 pm	5:30 pm	6:15 pm
5:30 pm	7:15 pm	5:45 pm	7:30 pm	5:30 pm	7:15 pm
7:45 pm	8:30 pm	7:55 pm	8:45 pm	7:45 pm	8:30 pm
	8:30 pm		9:15 pm		10:00 pm
	11:45 pm		12:30 am		1:15 am
	12:30 am		1:15 am		2:00 am
	1:00 am		1:45 am		2:30 am
	2:30 am		3:15 am		3:50 am
	3:50 am		4:30 am		5:00 am

SUNDAY, JULY 12TH

Southland Mail	Crown Depart	Victoria Square Mail	Crown Depart	Northgate Mail	Crown Depart
12:00 pm	12:45 pm	12:15 pm	1:00 pm	12:00 pm	12:45 pm
1:00 pm	1:45 pm	1:15 pm	2:00 pm	1:00 pm	1:45 pm
2:00 pm	2:45 pm	2:15 pm	3:00 pm	2:00 pm	2:45 pm
3:00 pm	3:45 pm	3:15 pm	4:00 pm	3:00 pm	3:45 pm
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	10:30 pm		11:15 pm		12:00 pm
	11:00 pm		11:45 pm		12:30 pm
	12:30 am		1:15 am		2:00 am
	1:00 am		1:45 am		2:30 am
	2:30 am		3:15 am		3:50 am

FRIDAY, JULY 10TH & SATURDAY, JULY 11TH

Southland Mail	Crown Depart	Victoria Square Mail	Crown Depart	Northgate Mail	Crown Depart
12:00 pm	12:45 pm	12:15 pm	1:00 pm	12:00 pm	12:45 pm
1:00 pm	1:45 pm	1:15 pm	2:00 pm	1:00 pm	1:45 pm
2:00 pm	2:45 pm	2:15 pm	3:00 pm	2:00 pm	2:45 pm
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	1:00 am		1:45 am		2:30 am
	2:30 am		3:15 am		3:50 am
	3:50 am		4:30 am		5:00 am

MOOSE JAW SCHEDULE

THURSDAY, JULY 9TH			FRIDAY, JULY 10TH			SATURDAY, JULY 11TH			SUNDAY, JULY 12TH		
Moose Jaw Superstore	Crown Arrival	Crown Depart	Moose Jaw Superstore	Crown Arrival	Crown Depart	Moose Jaw Superstore	Crown Arrival	Crown Depart	Moose Jaw Superstore	Crown Arrival	Crown Depart
1:00 pm	1:45 pm	2:00 pm	1:00 pm	1:45 pm	2:00 pm	1:00 pm	1:45 pm	2:00 pm	1:00 pm	1:45 pm	2:00 pm
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For more information please call the Crown County Jamboree Office at: 386-91-0000

Although we may not have much contact over the winter, this is where you can count on your family being in the summertime. — Arnstead



The shoreline at Waskesiu Lake, which remains a beautiful place to spend time with family and friends. (PHOTO BY LAM NGUYEN)

"People used to gather together for our meals and play cards in the camp kitchens," Kate says.

"This is not to say the sense of community has disappeared. Groups you pass on the sidewalks or paths are likely to say hello. People greet each other by name and chat about the weather."

It's a very safe, small town environment. Children are allowed a lot more freedom," Arnstead says.

That freedom, and the wealth of outdoor activities, made Arnstead's decision to get a cabin for her family a no-brainer.

"It was kind of a non-decision," she says. "As a young parent this is

where I wanted my children to be in the summer."

Arnstead's maiden name is Bray, first getting her in a clan that has been at the lake for four generations. Her grandfather ran a boat camp, which offered tours on the lake and surrounding area, and her father later took the business over.

Arnstead became hooked on lake life. She says the air feels different. It energizes her.

"It's very much an escape from the city and urban life. Up here the blue sky and water and gorgeous green of the trees, it's just so refreshing," she says.

Arnstead has taken over as care-

ker of the business. She was also part of a recent community initiative to create a new playground. Starting in 2013, people fundraised for the equipment. The community got together and put it all together earlier this summer.

Standing next to the playground on a sunny Friday, Arnstead says she gets a lot of joy from seeing the lake's next young generation running around the structure, playing tag, climbing and dipping down slides.

"Kids have a longer tether here than they do in the city," she says.

It's not nearly as easy to establish a foothold in a place like Waskesiu as it used to be. The price of a cabin has

skyrocketed.

"They've become unaffordable for the average family whereas when we started owning here it was an attainable vacation," Arnstead says.

"This hasn't completely prevented newcomers from showing up. It's still possible to enjoy the area, if only in temporary quarters."

We tend to think of the owners of the cottages and cabins as the main stays, but there's other people who have cottages here, but have always rented or camped," she says.

The lake remains a beautiful place to spend time with family and old friends.

"I think families are looking for a

slower vacation. Time to just spend with each other," Arnstead says.

Herve and Kate, who live in Saskatoon, spend the majority of their summer at Waskesiu now that they are retired. With their kids having reached adulthood, the lake is a ready-made reunion point.

"They still come to this day. They come back as often as they can," Herve says.

The simple truth is they love the place. It shines through when they talk about its history as community and the time they get to spend there.

"The park is really a treasure. It's really an important part of the province."

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IN THE CITY

JULY 4, 2015 — 2:04 P.M.

Water works



Nadja Crossman (left) paddles away from the lines after competing her heat at the Canoe Kay Classic regatta held on Maccana Lake in Regina, on Monday morning.

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

DIANE SYTARCHUK-KENT

Din Din's Book combines art and poetry



My name is Diane Sytarchuk-Kent. My book is named *Din Din's Book* (Din Din's Book: Art, No Nonsense Poetry etc.). I have lived in this lushness all my life and I love this province and our country Canada.

I dare say, I myself, am not a very good reader. Still, I love to create.

My book is a product of a love of poetry and a love of rhyme. It has about 200 poems and pages.

Combine this with a love of art and a love of my youngest child — who is delayed and on the autism — and you will see an illustrated book of poetry with built-in social stories.

The pictures in all the margins of every page of every poem are the hidden messages to the words of every page of poetry.

I want to help autistic children and people understand enough they may not otherwise be able to understand. I wish to make more books in the future on the same principle.

I have my book at McNally Robinson Bookstore in the children's help section. McNally also has my three original music CDs. They are 1. Welcome To My World (in 2010), 2. What A Gift (in 2010) and 3. I Dance By Myself (in 2010).

2010) I have created all the lyrics and music. Check them out. They are different. I also like to point and have been known to point up some of my pictures.

My book is available in hard cover, paperback and e-book, online — on almost any book-ordering website.

This book will not only appeal to autistic people or those who are having difficulties — it will also appeal to the average reader.

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EVENTS

What you need to know to plan your week.
Send events and photos to QC@leaderpost.com

MUSIC

Wednesday, July 8

Wednesday Night Folk:
Becky & the Jets
Buchwalter, 2226 Dewdney
Ave.

The Alley Grange
Lesnick's, 2330 Albert St.

Beautiful Rendits
McNally's, 2226 Dewdney Ave.

Affairs Quartet
Regina Chamber Music Festival
7:30 p.m. Westminster United
Church, 3025 13th Ave.

Green Country Jamboree
"Leopold's Tavern" beer
garden
7 p.m. The Millwrights Sons
9 p.m. Wilkie's
11 p.m. Alex Kussions
10:30 a.m. Brody Gilbert

Thursday, July 9

Green Country Jamboree
"Leopold's Tavern" beer
garden
3 p.m. Brody Gilbert
5 p.m. Wilkie's
6:30 p.m. Alex Kussions
8 p.m. Wilkie's & Sons
9 p.m. Blackjack Billy
11 p.m. Weekender
1 a.m. The Millwrights Sons

**Larry Gustin & The Gustin
Brothers**
Cactus Regras Show Lounge
1880 Saskatchewan Dr.

Live music:
Hot Badger, 1852 South St.

Tasty Bites
Regina Chamber Music Festival
7:30 p.m. Westminster
United Church, 3025 13th Ave.

Kassio
8 p.m.-2 a.m. The Sp, 306
Albert St.



David Urban will blow players at the Cactus Regras Show Lounge on Saturday. PHOTOGRAPH BY MICHAEL

Friday, July 10

Green Country Jamboree
main stage
1 p.m. Alex Kussions
2 p.m. Lisa Moon
4 p.m. Wilkie's
5:30 p.m. John Michael Mart-
gomery
7 p.m. Dallas Smith
9 p.m. Florida Georgia Line

Green Country Jamboree
"Leopold's Tavern" beer
garden
3 p.m. Samara Yung
4:30 p.m. Mic and Mike
6 p.m. Lisa Moon
10:30 p.m. Kai Howard
12:30 a.m. The Other Band

**Bearie Men & The Zagze Zow
Band**
7 p.m. On Centre, 4400 4th
Ave.

John Nielsen camp
Cactus Arts Centre
200 Lakeshore Dr.

Regina Summer Strings
student concert
Regina Chamber Music Festival

4:30 p.m. Westminster United
Church, 3025 13th Ave.

With the Winds
O'Menlo's, 1547 South St.

It's a Chamber Music Party
Featuring Catherine Cor-
boy and Amy Hills, violins,
Jonathan Wood, violin, Mar-
tin de Oliveira, cello, Katherine
Davies, piano. If you play an
instrument, bring it to play
with the artists following the
concert.
Regina Chamber Music Festival
1531 11th Ave.

Live music:
4-7 p.m. Minerva's Lounge
Hotel Saskatchewan, 2125
Victoria Ave.

Weekly Drum Circle
Instruments provided.
7:30-9 p.m. The Living Spirit
Centre, 3006 Doan Dr. Call
Mike, 309-150-3551.

Kassio
8 p.m.-2 a.m. The Sp, 306
Albert St.

Neighbours, Aka's of Girl,
etc.
The Club at the Exchange
2431 Eighth Ave.

Third one, Black Thunders,
Polyborus
The Exchange, 2431 Eighth
Ave.

Trapper Burg
McNally's, 2226 Dewdney Ave.

Saturday, July 11

Green Country Jamboree
main stage
1 p.m. Big Dog Radio — The
New Big Thing Winner
2:30 p.m. Lindsay Ell
4 p.m. Ricky Skaggs
5:30 p.m. Brett Kissel
7 p.m. Craig Morgan
9 p.m. Blake Shelton

Green Country Jamboree
"Leopold's Tavern" beer
garden
3 p.m. Samara Yung
4:30 p.m. Mic and Mike
6 p.m. Kelsey Pich
7:30 p.m. Lisa Moon

10:30 p.m. Wilkie's
12:30 a.m. The Other Band

Open Access Jam
3:30-8 p.m. Broadway's
Lounge, 1307 Broadway Ave.

Live music jam
All types of music welcome.
Hosted by Eroll Kintabro
4-8 p.m. The Sp, 306 Albert
St.

John Nielsen camp
Cactus Arts Centre
200 Lakeshore Dr.

Prinleirns Jazz Collective
The Capitol, 1843 Hamilton St.

Meat
Cactus Regras Show Lounge
1880 Saskatchewan Dr.

Kassio
8 p.m.-2 a.m. The Sp, 306
Albert St.

**Crimson Shadows, Death
Toll Shing, Leak We Fall, New
Gates**
The Exchange, 2431 Eighth
Ave.

A-Muse
9 p.m. Broadway's Lounge,
1307 Broadway Ave.

JJ Voss
McNally's, 2226 Dewdney Ave.

Trappings, Marmot
The Club at the Exchange
2431 Eighth Ave.

Sunday, July 12

Green Country Jamboree
main stage
1:30 p.m. CKRM Proudly Spon-
sored Showcase
3 p.m. Boley Willis
4:30 p.m. The Sollymy Brothers
6 p.m. Celi Ford
8:30 p.m. Jason Aldean

Green Country Jamboree
"Leopold's Tavern" beer
garden
2:30 p.m. Brody Gilbert
4 p.m. Mic and Mike
5:30 p.m. The Other Band
7 p.m. Kai Howard
10:30 p.m. Jason Stans
12:30 p.m. Samara Yung

Open jam
3-4 p.m. Mojo Club, 635 Vic-
toria Ave.

Kassio
8 p.m.-2 a.m. The Sp, 306
Albert St.

**Daydreaming, Good Girls,
Surf Dads**
The Club at the Exchange
2431 Eighth Ave.

Monday, July 13

Monday Night Jazz & Blues
The Ministry of Groove
Buchwalter, 2226 Dewdney

Kassio
8 p.m.-2 a.m. The Sp, 306
Albert St.

Tuesday, July 14

Kassio
McNally's, 2226 Dewdney Ave.

EVENTS

What you need to know to plan your week.
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VISUAL ART

Don Hall: Structures & Artifacts
July 8-Aug. 1: Meta Gallery, 105 2350
Ernest St.

Habitat & Reason

Richard Dwyer and Mariou Lommers explore the significance of diagrams and other forms of academic modelling as aspects of social, cultural and subjective change. Until July 11: Neustadt Centre, 1895 Scotch St.

Heather Denning: Rapt Attractions
Until July 11: State Fine Art Gallery,
2078 Highway 31.

Midwest: An Exhibition of Hand-made Homes for Birds, Bats, Butterflies and Bees

An array of handmade bee-hives and homes for birds, bees and butterflies by artivist and makers from Saskatchewan and beyond. In advance of Nine Dance Horses' Secret Gardens Tour. Until July 12: Double Tree by Hilton Hotel lobby, 1970 Road St.

Little Big Garden Show by Dick Woodring

An exhibition of handmade and fully functional miniature farm equipment and tools in advance of Nine Dance Horses' Secret Gardens Tour. Until July 12: New Dance Horses, 3307 Harvey St.

Summer Photo-cities in Contemporary Canadian Fine Art

The Artists of Scott Nicholson Fine Arts. Until July 31: Regina Centre Crossing, 1821 Albert St.

A Qualitative Visualization: The Landscapes: Paintings of Lynne Fleckner

The first overview of the extraordinary career of Lynne Fleckner (1918-2012), an illustrious artist who used thousands of small boxes of assembly the same landscape painting in national parks, resorts, department stores and bins across Western Canada from the late 1930s through the early 1990s. Until Aug. 9: MacKenzie Art Gallery, 3470 Albert St.

Dimensions

The Saskatchewan Craft Council's biennial juried exhibition features work in ceramics, textiles, metal, glass and mixed media.

Holy Toy: Floating Worlds at the Dunlop Sculpture (branch) until Aug. 25.

Until Aug. 25: MacKenzie Art Gallery,
3470 Albert St.

David Theuberg: Road Trips and Other Diversions

This exhibition presents a dynamic installation examining key themes and working processes developed throughout Theuberg's more than 40 years as a maker and thinker. Until Aug. 25: MacKenzie Art Gallery,
3470 Albert St.

Holly Peck: Floating Worlds

Scholarship drawings and paintings fluctuate between the representational and the abstract. Derived from an interest in natural phenomena, the works explore the relationships within the ecological and physical systems of our natural world. Until Aug. 26: Dunlop Art Gallery - Sherwood branch, 620 Scholastic Blvd.

New-Coloured Glasses

Swissmiss, with a dash of Italian! This exhibition curated by university students includes artworks that trace vibrant pathways into the Imagery Until Sept. 7: MacKenzie Art Gallery,
3470 Albert St.

Neural Ground

4200-1814 South St.
Open Tuesday to Saturday, 11 a.m.-6 p.m.

Nowhere Gallery

3166 Albert St.
Open Tuesday to Saturday, 10 a.m.-5 p.m.

Oakland Art and Fine Arts

Oil and ink paintings by Chinese artist Linghao Jiang and Huayin Tian. 2312 Smith St. Open Monday to Saturdays, 10 a.m.-5 p.m.

COMEDY

The Laugh Sheep

Use Mankie every Saturday night, 9:30 p.m.
Ramsden Hotel, 808 Victoria Ave.

PERFORMANCE

History Above Vignettes

Use skills depict important historical events in Saskatchewan history. Each lasts 30 minutes. Sunday and Tuesday, 5-6 p.m. Government House, 4667 Dewdney Ave.

History Above Vignettes

Use skills depict important historical moments in Saskatchewan history. Each lasts 30 minutes. Monday, 5-6 p.m. Legacy Centre building, 2600 Legislative Dr.

Living Poets Society

Saskatoon open mic night. Every Tuesday, 9 p.m. Havelock Lounge, 218 Broad St.

REGINA INTERNATIONAL PRINCE FESTIVAL

July 8

3:45 p.m. **Kachunga** (Ontario) — 14+ — Magician Keith Brown's exchange of mystical wonder and imagination. 5:30 p.m. **Royle** (Regina) — All ages — A young clown finds out what it means to be home. 7 and where he dreams in this massive world around him. 7:40 p.m. **Shylock** (Toronto, Ont.) — 14+ — A Jewish actor playing Shakespeare's notorious manipulator, Shylock, as a villain attempts protect

and a conspiracy

10 p.m. **Stitch in Time: A Knitting Cabinet** (Alberta) — 14+ — A chilling evening of the best knitting songs of the First and Second World Wars. Bring your knitting (or one hat), and stitch along to these funny, poignant, toe-tapping, needle-clacking tunes. St. Mary's Anglican Church, 3337 10th Ave.

3:30 p.m. **Middlemarchers** (Winnipeg) — 14+ — A witty exploration of motherhood and middle ages.

5:15 p.m. **Swishback** (U.S.A.) — 18+ — A feisty young woman from Baltimore thinks she can adapt to living on an isolated mountain top with a sexy cowboy.

8 p.m. **3 Day Pass** (Saskatoon) — 14+ — Edmonton's true spirit of last success, according to drugs, dancing to forget.

9:45 p.m. **Are My Hands Too Big?** (B.C.) — 14+ — One-man comedy journey to self-acceptance.

Unleash Comedy, 2700 College Ave.

3:45 p.m. **Nothing to Declare** (South Africa) — 14+ — At pumpkin in Gosh, at 10 minutes in Vancouver, at the bottom of an escalator in London.

10:15 p.m. **World of LVI** (Regina, Saskatchewan) — 14+ — Three stories by characters who were scouted up from their First Nations communities as infants in the 1960s.

7:45 p.m. **Pen in the Future** (Winnipeg) — 14+ — A funny film featuring a group that sees first on technology, social media and getting old.

9:30 p.m. **Shadows in Bloom** (London, U.K.) — 14+ — Shadowy folk, jellyfish moths, plants talk and seeds grow.

The Artist, 2627 10th Ave.

3:45 p.m. **Meet Picture** (U.S.A.) — 14+ — Three actors play a cast of thousands to lampoon every Short Picture Oscar winner in 60 minutes.

5:30 p.m. **Peppermint** (Winnipeg) (U.S.A.) — 14+ — Two magicians have been accused of murder, but can't seem to agree on whether they have committed it. Their mysterious history is revealed through humor, puns and magic.

7:45 p.m. **13 Clock Number** (Edmonton) — 14+ — An improvised musical based on Yoda, the audience

EVENTS

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9:30 p.m. Waukeganer (Japan)
— **8+** — An oriental musical comedy by a musician, burlesque dancer and physical performer.
Sask. Exports, 2272 Resque St.

9 p.m. Apocalypse, SK
— **14+** — Three nations become their small towns' only hope against a horde of zombies.
9:45 p.m. Ghaek (Kazuo) — **14+** — Eugene Chuck points what has gone wrong in his relationship with Jane.
8 p.m. Dance Pants (U.S.A.) — **16+** — Randy is introduced to the new age-y lifestyle of a vegan diet, unbridled sex and a restaurant closure.
MacKenzie Art Gallery, 3475 Albert St.

July 9

3:30 a.m. 80 Ball in Time
5:15 p.m. Exhoner
7:30 p.m. Inside
9:15 p.m. Shyluck
St. Mary's Anglican Church, 3337 15th Ave.

3:15 p.m. Are My Hands Too Big?
5 p.m. Mittenback
7:05 p.m. Switchback
9:30 p.m. 3 Day Row
Unifan Centre, 2700 College Ave.

4 p.m. Shadows in Bloom
4:45 a.m. Nothing to Declare
7 p.m. Words of LUV
8:45 p.m. Rose vs. The Future
The Artists, 2627 13th Ave.

3:30 p.m. Waukeganer
5:15 p.m. Best Picture
7:30 a.m. Perpetual Wednesday
9:15 p.m. 11 O'Clock Number
Sask. Exports, 2272 Resque St.

4 p.m. Dance Pants
6 p.m. Apocalypse, SK
8:15 p.m. Chuck
MacKenzie Art Gallery, 3475 Albert St.

July 10

3:30 a.m. Shyluck
5:45 p.m. 80 Ball in Time
8 p.m. Exhoner



White Collar Crime Theatre from Portland, Ore., brings Perpetual Wednesday to the 2015 Regus Stage Festival.

9:45 p.m. Rose
St. Mary's Anglican Church, 3337 15th Ave.

3:15 p.m. 3 Day Row
5 p.m. Are My Hands Too Big?
7:15 p.m. Mittenback
9 p.m. Switchback
Unifan Centre, 2700 College Ave.

2 p.m. Inside vs. The Future
4:45 p.m. Shadows in Bloom
7 p.m. Nothing to Declare
8:45 p.m. Words of LUV
The Artists, 2627 13th Ave.

3:30 p.m. 11 O'Clock Number
5:15 p.m. Waukeganer
7:30 p.m. Best Picture
9:15 p.m. Perpetual Wednesday
Sask. Exports, 2272 Resque St.

2:45 p.m. Chuck
3:30 a.m. Dance Pants
8 p.m. Apocalypse, SK
MacKenzie Art Gallery, 3475 Albert St.

July 11

1:30 p.m. Rose
3 p.m. Shyluck

9:45 p.m. Switch in Time
7:30 p.m. Exhoner
St. Mary's Anglican Church, 3337 15th Ave.

1:15 p.m. Switchback
3:30 p.m. 3 Day Row
5:45 p.m. Are My Hands Too Big?
7:30 p.m. Mittenback
Unifan Centre, 2700 College Ave.

1 p.m. Words of LUV
2:45 p.m. Rose vs. The Future
5 p.m. Shadows in Bloom
6:45 p.m. Nothing to Declare
9 p.m. Fundraiser — Story-telling, singing, burlesque, stimpunk performance art, and featuring some of your favourite performers from this year's Fringe line up.
The Artists, 2627 13th Ave.

3:30 p.m. 11 O'Clock Number
5:15 p.m. Waukeganer
7:30 p.m. Best Picture
9:15 p.m. Perpetual Wednesday
Sask. Exports, 2272 Resque St.

1:30 p.m. Perpetual Wednesday
3:15 p.m. 11 O'Clock Number
5:30 p.m. Waukeganer
7:15 p.m. Best Picture
Sask. Exports, 2272 Resque St.

9 a.m. Sask. Outdoors
(Regus/Saskatoon) — Family-

friendly — Original music, puppetry, dance and acting tells the story of two young siblings as they save their world of video games and TV for a family coming to life.

10:30 a.m. New Canadian Kid (English) — Family-friendly rock moves to Canada with his family and struggles with a new culture and hostile classmates who taunt him for being different.

12:30 p.m. Open House (All-berbe) — Family-friendly 750-Music levels 1 to 10. If you're down to be perform on stage, but whenever anybody sees her, they scream and run away.

2 a.m. Apocalypse, SK
3:45 a.m. Chuck
5:45 p.m. Dance Pants
MacKenzie Art Gallery, 3475 Albert St.

July 12

1:15 p.m. Exhoner
2 a.m. Inside
5:15 p.m. Shyluck
7:30 p.m. Switch in Time
St. Mary's Anglican Church, 3337 15th Ave.

1:30 p.m. Are My Hands Too Big?
3:15 p.m. Mittenback
5:30 p.m. Switchback
7:45 p.m. 3 Day Row
Unifan Centre, 2700 College Ave.

10:30 a.m. Artist talk — Hear stories about shows, touring experiences, the creative process, producing and other fun fringe details.
3 p.m. Nothing to Declare
8:15 p.m. Words of LUV
9:30 a.m. One vs. The Future
7:15 p.m. Shadows in Bloom
The Artists, 2627 13th Ave.

1:45 p.m. Best Picture
3:30 p.m. Perpetual Wednesday
9:45 p.m. 11 O'Clock Number
7:30 p.m. Waukeganer
Sask. Exports, 2272 Resque St.

1:15 p.m. Dance Pants
2:15 p.m. Apocalypse, SK
3:30 p.m. Chuck
MacKenzie Art Gallery, 3475 Albert St.

DANCING

Salsa dancing
July 8-11 p.m.
Cathedral Village Firehouse, 2643 Albert St.

Salsa on the Plaza
(every Thursday 7-11 p.m.)
City Square Plaza, downtown

Club 69 Dance
Featuring: Southern Country, July 10, 6 p.m. — midnight.
Regus Senior Citizens Centre, 2134 Winnipeg St.

Regus Ballroom Dancing Club practice dance
July 11, 7:30-10:45 p.m.
Lakeside Church Hall, 3200 McCallum Ave.

SPORTS

Seapik Tackle in the Park
Wednesday, 6:30-8:30 a.m.
Victoria Park

Quidditch in the Park
Wednesday, 6:30-8:30 a.m.
Victoria Park

Rugby
Cordons vs. Highlanders
July 5, 7 p.m. Regus Rugby Club Field one, 4125 25th Ave.

HW Canada Live
High Impact Wrestling
July 10 Hungarian Club, 1625 Melrose St.

10th Annual Regus Ladies Open
More information available at www.regusladiesopen.ca
July 11-14 Deer Valley Golf and Country Club and Joanne Gaudet Golf Course

Regus Best Bow vs. Moose Jaw
July 14, 7 p.m. Centre Field

FOR FAMILIES

Stems and Strollers
Wednesday 1 p.m.
Complex One in Southland Mall, 3325 Gordon Rd.

Ginemas Under the Stars
Wednesday 7 p.m.
City Square Plaza

Build and Grow Clinics
Build a special foundation project.
For children age 5 and up.
Saturdays, 10 a.m. — 12 p.m.
Lewest, 4355 Gordon Rd.

Michelle's Kids Club
Saturdays, 10 a.m. — noon
2088 Prince of Wales Dr.

Family Favourites Night
Enjoy a favourite film for \$2.50.
Saturdays, 8 a.m. Galaxy Cinema, 420 Muncaster Blvd N.

Family activities
Saturday and Sunday, 2 p.m.
Gouldswheen Science Centre, 2923 Powerhouse Dr.

Family Story Sundays
Sunday, 2-4 p.m.
MacKenzie Art Gallery, 3475 Albert St.

Science Time for Kids
Interactive workshop aimed at early learners.
Tuesday, 9:30-10:30 a.m.
Gouldswheen Science Centre, 2923 Powerhouse Dr.

Events continued on Page 18

EVENTS

For children aged 3-12: Pre-registration required, call Jennie at 366-359-7547. Tuesday, 5:30-6:30 a.m. Victoria Park.

Drop-in classes and gym
Free event for youth aged 9-18. Tuesday, 4-6 p.m., Eastview Community Centre, 513 6th Ave.

MUSEUMS

Alisa Youck School Museum
8003 Fourth Ave.
Tuesday appointment only (366-523-3500)

Civic Museum of Regina
1315 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-4 p.m. Closed Sunday and Monday.

Government House Museum & Heritage Society
48-57 Dewdney Ave.
Open daily 9 a.m.-5 p.m.

ICMPC Heritage Centre
2807 Dowdley Ave.
Open daily 10 a.m.-6 p.m. daily.

Regina Firefighters Museum
1005 Ross Ave.
Tuesday appointment (366-777-7744).

Regina Floral Conservatory
M50B 4th Ave.
Open daily, 1-4:30 p.m.

Royal Saskatchewan Museum
2445 Albert St.
Open 9:30 a.m.-5 p.m. daily.

Saskatchewan Military Museum
6005 Capstone St.
Open Monday and Thursday, 7-9 p.m. or by appointment (366-347-9449).

Saskatchewan Science Centre
2813 Powerhouse Blvd.
Tuesday-Friday 9 a.m.-5 p.m.; Saturday-Sunday and holidays, noon-6 p.m. Closed Mondays.

Saskatchewan Sports Hall of Fame
2200 Victoria Ave.
Monday-Friday 10 a.m.-4:30

p.m. Closed weekends.

OTHER HAPPENINGS

Regina Farmer's Market
Wednesday and Saturday, 9 a.m.-1 p.m.
City Square Plaza, 12th Ave. East and Scotch Street.

Summer Sampler
Learn about a wide range of interesting issues and engage in lively conversation over coffee with fellow participants. Tuesday to noon, 4-6 p.m., Every Wednesday, 9:30-11:30 a.m., Lifelong Learning Centre, 2155 Colwell Ave.

Yoga in the Park
Wednesday, noon-1 a.m. Victoria Park.

Wells in the Park
Wednesday, noon-1 a.m. Victoria Park.

ICMPC Sergeant Major's Parade
Wednesday, 12:45 p.m. (ICMPC Depot Division, 5660 10th Ave.)

All Nations' Healer/The Arts
Learn to make music, dance and perform in this art-based workshop: cultural teachings and employment workshops. For people ages 12 to 12 on ahead.

Wednesday, Monday and Tuesday, 5-7 p.m. (supper 4-5 p.m.)
YFCA, 1840 McIntyre St.

YFCA Party
Thursday, 5-6 p.m. Victoria Park.

Art in the Park
Friday, noon-3:30 p.m. Victoria Park.

Secret Gardens Tour
A self-guided pilgrimage through privately owned gardens. New Denver Horticulture Festival.
July 12, 1-4:30 p.m.
July 13, 10 a.m.-4 p.m., 7-10 p.m.
July 14, 10 a.m.-4 p.m.
Various locations around Regina. For tickets, call 366-523-5993.



Sandra Bullock stars in *Misfits*, which opens on Friday. GETTY IMAGES PHOTO

Book signing
Marlene Gussman — *Tra From Cup To Plate*
July 10
Chapters, 2825 Gordon St.

Nature Regime Field Trip
Tour Route 99 — Qu'Appelle Valley between Grouse, Highway 8 and Valcartier. Thank Switzerland the tour which features a variety of birds and mammals. Bring lunch.
July 11, 8:30 a.m.-1:30 p.m.
Meet 8:30 a.m. at the Royal Saskatchewan parking lot (2445 Albert St.) or at 9:15 a.m. at the Highway 99/90 junction.

Tai Chi in the Park
Saturday, 10-11 a.m. Victoria Park.

Garden Tour
Sponsored by the White City Garden Club.
July 11, 10 a.m.-4 p.m.
Contact wgc241@gmail.com or 366-388-2247 for tickets.

What you need to know to plan your week.
Send events and photos to QC@leaderpost.com

ICMPC Academy, "Dope"
Division

Chessday Challenge
Drop-in gathering of board game enthusiasts.
Tuesday, 6 p.m.-midnight.
Barton Plaza, 543 & Bant St. N.

FILM

Hangry Hearts
Drama

New York City newsworlds Josh (Adam Driver) and Mimi (Alissa Wilkinson) have a seemingly perfect relationship until his takes a turn with the birth of their son. Convinced that the baby must be kept free of all contaminants, Mimi develops obsessions with vegetarianism, cleanliness, and purity that may kill the child.

The West Club
Drama

Two first-year students at Oxford University join the infamous club where reputations can be made or destroyed over the course of a single evening.

Regina Public Library Theatre 2111 12th Ave., 366-777-6044

D-Day 50: Now nearly 1944
Documentary

On June 6, 1944, the largest Allied invasion of the Second World War began in Normandy, France. This film provides a new, revealing look at this moment in history, blending multiple cinematic techniques including animation, CGI, and live-action images.

Journey to the South Pacific
Documentary

A breathtaking adventure to the tropical islands of West Papua, where the Papuans abuse and enslave the sea. Ask about a young island boy on a journey into becoming a whale shark, sea turtles and other creatures of the sea.

Jennifers
Documentary

A tour of one of the world's oldest and most enigmatic effies. Destroyed and rebuilt countless times over 5,000

years, Jennifer's enduring appeal remains a mystery. The film follows three young Americans and their families — Jewish, Christian and Muslim — as they explore the site's spiritual significance. Dr. Joel Magnus explores the local sites in the region.

Kaiser Theatre
2903 Powerhouse Dr.
366-523-4429

NEW MOVIES

The Gullies
Comedy

Thirty years ago in small-town Nebraska, Charlie Gennelle ended up swinging from a moon during the high school music production of the Gullies. Now, his dream is to produce the play again and discover Charlie's lost past.

Misfits
Family/animated

Vernon Davis, Stuart and Bala embark on a thrilling quest to find a new evil boss for their brothers to follow. Starring Sandra Bullock, Jon Hamm and Michael Keaton.

Self-Less
Thriller

A seemingly elderly billionaire (Ben Kingsley) and an open-minded medical professional (Jake Gyllenhaal) combine to create "cloning" which transfers his consciousness into the bodies of a younger man (Ryan Reynolds). When he takes over the bodies, he discovers the origins of his new body and uncovers a secret technology that will kill to keep their source secret.

Galaxy Cinema

470 McCallery St. N.

366-322-1008

Chapman Cinema

3000 36th Ave. S.W.

366-366-3363

Rainbow Cinema

2055 Albert St. N.

366-322-1008

Events listings are a free community service offered by the QP. Listings will be printed unless we receive phone email information to the contrary within 10 days.

OUTSIDE THE LINES

Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and e-mail to leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's CC colouring contest winner was Juliette Haldoupe. Congratulations!! Thanks to all for your wonderful submissions. Try again this week!



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Combo

With Wendy's Ultimate Canadian Combo you get it all in a Biscuits™ with lots of bacon and poultry.

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MUSIC

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SASKATCHEWAN MUSIC

Campfire tunes a time-honoured tradition

By Sean Trembath

Sitting around the campfire is one of the most time-honoured parts of a weekend away from the city. Once the blues is burning, an acoustic guitar is often not far behind.

We spoke to some Saskatchewan artists about what makes they like — and hate — to play and hear while hanging by the fireside.



Codie Prevost is a diving boss in Saskatchewan's Coast Community camp. sask.ca/news

Codie Prevost

Q: What is your favourite song to play or sing by the fireside? Why?

A: My favourite songs to perform around the campfires are any classic country songs by Johnny Cash. I grew up on the farm and playing these songs around a campfire makes me feel right at home.

Q: Do you consider music a key part of the camping experience?

A: Music is a huge part of camping. It brings out joy in people. It encourages singing, dancing and just having a good time.

Q: Are there any common campfire songs you cannot stand?

A: If I never heard 'Put Another Log On The Fire,' again it would not hurt my feelings!

Originally from Archerfield, Prevost is a force in the Saskatchewan country music scene. He took home three categories at the 2014 Saskatchewan Country Music Awards, adding to an already packed trophy case. His latest album, *All Kinds of Crazy*, came out last year.

Alex Shenton (Bastard Poetry)

Q: What is your favourite song to play or sing by the fireside? Why?

A: It's a little bit of a decision actually — the first song I ever wrote was by campfire and is titled 'Lonely Little Campfire Song.' It remains one of my favourite campfire tunes to this day simply because of the nostalgia of being out on the road and what it meant to me then.

Q: Do you consider music a key part of the camping experience?

A: I have always enjoyed making campfire tunes while playing it or just having it as background music from the truck speakers. I associate camping with listening, drinking and fun with friends quite a bit in my memories. I also think the complete silence and tranquility of nature is just as beautiful and is music in its own way when you are alone in the wilderness.

Q: Are there any common campfire songs you cannot stand?

A: Unfortunately yes. As a touring musician and a veteran of many open mics there are a lot of incredible and beautiful songs I have heard 'misrepresented' so many times. I would say 'Wagon Wheel' and 'Knockin' On Heaven's Door' fall into that category — both which I am guilty of singing around many a campfire, huh?

All four members of Bastard Poetry have small drum roots — they hail from Packer Creek, Lemarek, Krasno and Willow Bunch. The group released its latest album, *Something That Matters*, in 2014. It's a very successful indie rock album.



Alex Shenton of Bastard Poetry plays for track 'Lonely Little Campfire Song.' sask.ca/news

MUSIC



As well as being a singer, Rebecca Lascue is an actress and playwright. **SUMMIT-NEWS**

Rebecca Lascue

Q: What is your favorite song to play or sing by the fireside? Why?

A: My favorite song to play pretty much no matter what the situation, is *Hislop's* by Leonard Cohen. It's the type of song that puts my moment and always brings people together. Plus, when everyone sings the chorus it makes me ridiculously delirious.

Q: Do you consider music a key part of the camping experience?

A: I come from a musical family, and there are very few situations where we go anywhere without a guitar in hand. I think music has a way of bringing people together. Especially when you are lucky enough to have that one super talented musician on hand who can play any song that is requested. I am definitely not talented enough to do that, but I sure wish I was!

Q: Are there any common campfire songs you cannot stand?

A: Haha, I think most of them are pretty funny. I was the dirty kid who got really humiliated when I was young and therefore didn't really go to camp, so I don't know all the classics. However, over the years my boyfriend Michael—who spent most of his childhood summers at camp, has pulled out some pretty funny little tunes. Usually they're pretty cute, and the way people seem to light up at the memories that come up when they sing the tunes is pretty great.

After several years of performing, Regina's Lascue released her first CD—Love, Loss & Chocolate—in late last year. She has performed at various events such as Ashby Aftermath, Rose Spoons, Old Iron Theatre and Astoria Seaside. When not singing, she works as an actress and playwright.

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ON THE SCENE

#AFROFEST

Africa's diverse cultures were celebrated in Victoria Park on July 4 at the second annual Reunion Afrofest.

The festival provided an opportunity for people to experience African music, culture and traditions. It featured live music performances, dance and dance by international and local African artists. As well, there was lots of food, art, crafts, jewelry and fashions to enjoy.

This year's headliners were Adam Solomon, an accomplished jazz award-winning artist originally from Kenya. Performing with him, Tessa Benji, and Cassiano Phisoa (Mozambique) and Nkhosha (Zambia). Local performers included Aho Nigerian Dancers (Nigeria), Tomba Dance Group (Zambia) and Tribal Vibes.

With an increasing number of Africans moving to Saskatchewan, this festival aims to foster and promote African culture and traditions in the province. It also serves to educate about the diversity of Africa," a media release explains.

GC PHOTOS BY MICHAEL BELL



1. Elan Kunnash and Jason Johnson

2. Charry Kunnash manages her African Clothes and Crafts goods.

3. Aho Nigerian Canada Dancers perform.

4. Rosemary Tolson of FT Design Fashion sends out some of her clothing products.

5. Joe Shadick and Andy Gage.

6. Asaphine and Asaphine Asaphine.

7. Manu and Koni Kumbura.

8. Nana Diah, Phisoa and Beth Benken (from left) and Bernard Hobbs (from left).

9. Geroni Serey and Elan Kunnash.

10. Serey and Mieke Bennett (left) with Lisa Oughtney (right).

11. Judy Wren and Victoria B. Rell.

12. Anish Akua and Fadi Mubiga.

WINE WORLD

QUINTA DOS ROQUES RESERVA

Portuguese wine reaching folklore status in Sask.

If you possess wines you love, or wines you may love but have yet to try, or wines you're just holed about, you will be well acquainted with cryptology. This is the science of wines which if not mythical sure don't show up where you live.

One of the usual places to be disappointed in the Portuguese wine section. Not because their wines disappoint us, but because outside of Portugal and New Jersey, there are few stores carrying the stuff.

Meet my latest recommendation that will very shortly become a mythical beast in this province: a wine which you will have about the same probability of finding as proof of a bigfoot. (You may have better odds on the bigfoot.) I found it at Gorge, and although I mentioned it the point of this article is to encourage you too, to keep an eye on the Portuguese wine aisle and buy wines that may be similar. How did I buy it?

It had "reserva" on the label which means about two years in the barrel and another one or two in the bottle before release. It had a vintage older than four years. Both tend to provide more integrated, slightly more subtle wines. It was from Dao, a region that has been application certified for more than 100 years and produces both wines with great structure. The last one isn't a deal breaker. If I saw a 2007 Reserva from a region I didn't know, I'd buy it and try it.



So stop fussing over prices and scores. You see a Portuguese wine at your price point or a bit higher just buy it and try it. It's worth it.

Quinta dos Roques Reserva 2007, 100% Pinhão
Canadian Dry Gas next Monday. Something easier to find on Twitter @jrbrook

Crossword/Sudoku answers

KOBE	UPTO	SLOTS
OREN	REAP	TAROT
NEED	QUALITY	EVOKE
GOFAR	FIR	ENYA
CLEAR	YOUR	ROOM
TRAIL	ALAN	NEON
SARS	AVE	DEIGN
AGE	PSYCHIC	ROO
HAIR	ON	DEIGN
OVER	IN	DEIGN
SOWER	IN	DEIGN
ARHE	ALL	TORCH
TAPAS	ITS	FORYOU
OTERI	STIR	DAMN
NESTS	HYPO	SNAO

7	3	6	9	1	2	5	8	4
9	4	5	3	8	6	7	2	1
8	1	2	4	7	5	9	3	6
6	5	3	1	9	4	2	7	8
2	8	9	5	6	7	1	4	3
1	7	4	8	2	3	6	9	5
4	2	7	6	3	1	8	5	9
5	6	8	2	4	9	3	1	7
3	9	1	7	5	8	4	6	2

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FOOD

SASKATCHEWAN FOOD

Satisfying, nutritious and a taste of summer

By Renee Kohlman

I am so very pleased to be writing for the QC team. When my editor suggested a recipe about camping food for this issue, I said yes! Absolutely! For sure!

But I have to tell you the truth. I am not much of a camper. In fact I haven't slept in tent since the last century and these old bones will be happy if it stays that way. Some guys with four-wheelers is a masterpiece. But, and this is a big but, I adore the wilderness. Let me roam free in a for out for a few days and I'm a happy camper. I just prefer my home base to be something that includes a hot running water and four walls to escape to when the bugs become open hype.

Does that make me a glamp? Then so be it. I've found sanctuary in the parks of Boreal Bites in the north and the rustic cabins at Bear Roads in the south. Food, of course, has always been a major at home base. Next to the call of the forest and the northern lights. What you pack along for protection is always an important part of a camping trip, whether you are sleeping under the stars or bones of a cabin. I make sure my food groups of cheese, chocolate and chips are covered, then I add in a lot of good bread, milk, butter, eggs, honey, flavoured dried, vegetables, extra cooked lentils or chickpeas and whatever protein I feel like getting. I don't think I've missed a hot dog since last century either so I give them pass and opt for good sausages made locally.

Being a food packer, I'll have up the camp for however long I'm away and pack accordingly, packing things like vitamins, sunscreen and energy bars of home. I need out over my packing list, with coffee and wine stirred in next to water, but make berries help me. I leave those behind.

The condition of the weather directly affects how much and when food is consumed. Glorious sunny

days, one is out and about enjoying and taking peering to nibble on a packed sandwich and an energy bar. A day of rain pretty much equals a tenting sack of eating, reading and board games. Oh, and napping. My glamping ways do include the build up and taking of fire.

Every time I see a Canadian DNA test as many revealed themselves until we find it. But that's the glory of our short summer. Those blaring meals also turn ordinary ingredients into amazing meals. Take this simple foil package dinner I adopted from my friend Anne's blog Simple Bites. Chunks of sausage, potatoes, chopped peppers and onions are nestled in a foil bag along with slices of onion, garlic, fresh herbs and olive oil. Seal and pepper the whole deal, fold and seal into a tidy package and let it hang out in the coals for about 30 minutes. The best of hot coals creates a charred bit of goodness inside, making this meal not only satisfying and nutritious, but tasting like summer, too. Best part? Not many dishes to wash. You're on holiday after all.

Sausage and Vegetable Foil Dinner with Garlic and Herbs

I like to make up an extra package or two for breakfast the next day. Simply chop the meat and veg into smaller pieces. Throw into a skillet with some butter and sauté it. Add, pour in whipped eggs and you have a simple and tasty frittata. For a veg version version of this meal, simply substitute the sausage for cooked white beans. Chunks of garden fresh tomatoes would also be lovely mixed in a bit more sausage. No lie! No problem. This recipe works just as well on a gas grill, though it lacks the magical aroma of wood smoke.

- > 4 pre-cooked sausages, cut into chunks
- > 2 pounds of new potatoes, parboiled and cut in half
- > 2 sweet peppers, yellow and red, cut into chunks



Sausage and Vegetable Foil Dinner with Garlic and Herbs cooked on a bed of wood chips. Makes a perfect meal for your camping trip. GO PHOTOS BY RENEE KOHLMAN

- > 4 medium zucchinis, cut into chunks
- > 2 small red onions, cut into chunks
- > 32 slices of garlic, smashed
- > handful of fresh herbs like parsley, rosemary, thyme torn into pieces
- > olive oil for brushing
- > salt and pepper

Instructions

Prep a fire and let it burn down to coals. Lay out large pieces of foil on the ground to line or counter-top. Air

large sausage, potatoes, vegetables and herbs evenly over each. Drizzle with a bit of olive oil and season generously with salt and pepper. Bring opposite corners of foil together and seal. Fold over the seam and seal it into a secure package. Place on coals and roast, turning once in a while. For about 30 minutes.

Carefully remove and dig in. Makes 4 servings.

Recipe adapted from Anne's Simple Bites blog.



